

swanson.com
or call 1-800-437-4148

- Provides high concentration of the omega-3 alpha linolenic acid
 - Supports cardiovascular health
 - Promotes healthy skin
- Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel two to three times per day with water.
Solvent free.

WARNING: For adults only. Consult your physician before use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Flaxseed Oil

Heart and Brain Health

1 gram per softgel MADE WITH ORGANIC FLAXSEED OIL

DIETARY SUPPLEMENT | 200 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	2%
Organic Flaxseed Oil (GMO free)	1 g	*
Fatty Acid Profile:		
Omega-3—ALA (alpha-linolenic acid)	50–65%	
Omega-6—Linoleic Acid	11–24%	
Omega-9—Oleic Acid	11–24%	
Percent Daily Values are based on a 2,000 calorie diet.		
*Daily Value not established.		
Other ingredients: Gelatin, glycerin, purified water.		
DISTRIBUTED BY SWANSON HEALTH PRODUCTS Fargo, ND 58104 USA • 1-800-437-4148		
Certified Organic by Minnesota Crop Improvement Association (MCIA), St. Paul, MN 55108. Rev 1 10 04 18		

